

The Fidget Diet

WARM UPS

CHAT: Talk about diets / exercise / nutrition / fidgeting / fidgets / obesity / fad diets / crash diets / twiddling your pencil / ...

MY DIETING / EXERCISE: Talk to your partner about the diets you have been on, how much you exercise, how often you weigh yourself etc.

FIDGET RANK: Put the following ways of fidgeting in order of which are the best ways to lose weight. Talk with your partner about how best to fidget to lose more weight – describe the best technique for each method. Demonstrate your diet fidget techniques to the rest of the class:

- (a) tapping your foot
- (b) twiddling a pencil
- (c) wiggling your shoulders
- (d) playing with your hands
- (e) wiggling in your seat
- (f) hair twirling
- (g) moving your knees sideways
- (h) head nodding
- (i) doodling
- (j) other??

OTHER BAD HABITS: What do you think of other ‘bad’ habits, such as hair twirling, knuckle cracking, nail biting, lip licking, thumb sucking, nose picking, scab picking etc. Are these OK for adults to do?

PRE READING EXERCISES

WORD SEARCH: Look in your dictionaries, or a search engine, to find collocates, other meanings, information, synonyms ... of the words ‘weight’, and ‘diet’.

TRUE / FALSE: Predict from the headline whether these statements are true or false:

- (a) Everybody wants to lose weight. T / F
- (b) The answer to the perfect weight loss method has been found. T / F
- (c) If you fidget you will lose weight. T / F
- (d) Fidgeters are thinner than non-fidgeters. T / F
- (e) Fidgeting doesn’t burn calories. T / F
- (f) You can burn calories without even trying. T / F
- (g) Fidgeting requires large spaces and lots of training gear. T / F
- (h) Many ‘how to lose weight by fidgeting’ books are expected to appear. T / F

DEFINITIONS: Match the following words with the **most likely** definitions (Please think about the headline!):

(a) **lose weight** (v)

(i) to reduce the number of kilograms / pounds that your body weighs

(ii) to forget or not know how much you weigh

(b) **fed up** (v)

(i) very tired of the same thing happening all the time

(ii) eaten too much

(c) **fad** (n)

(i) another name for the fat that appears around your stomach

(ii) something that is trendy now but will disappear in the near future

(d) **fidget** (v)

(i) to make constant bodily movements while sitting down

(ii) to stay sitting down for a long time without moving, like a couch potato

(e) **twiddling** (n)

(i) a childish word meaning to go to the toilet to pee (urinate)

(ii) moving something around a lot in your fingers in a playful manner

(f) **annoy** (v)

(i) make someone else laugh at you

(ii) make someone else angry with you

(g) **journal** (n)

(i) a kind of magazine written by and for experts in a particular subject

(ii) the daily schedule for exercise in a diet

(h) **obese** (adj)

(i) being overweight.

(ii) giving up on a diet just a few days after you start

(i) **gear** (n)

(i) a form of fidgeting that involves non-stop playing with your ears

(ii) the things (equipment) you need to do or take part in an activity

(j) **flood** (n)

(i) a huge number of something that suddenly arrives somewhere

(ii) what happens when you lose weight too quickly

GAP FILL

BNE Want to _____ weight? Tired of changing what you eat? Fed up with _____ diets? Perhaps the answer to all your problems is here – fidget more. New research has revealed that fidgeters – those people who never seem to stop foot tapping, twiddling a pencil between their fingers or _____ their shoulders non-stop, are thinner than non-fidgeters. Fidgeting is an important way to lose weight. Seems to make _____ – fidgeting is movement and movement burns calories – especially sixteen hours a day of non-stop movement! That means you burn calories without even trying, but perhaps annoy everyone else in the office or at school. In fact, haven't you ever _____ that fidgets in your class or office are thinner? The study, published in the journal, Science, found that obese people who just sat without making _____ movements burnt 350 fewer calories each day compared with people who couldn't sit still. The report says that people who lead sedentary lives prefer to sit still more because of a genetic _____ to do so. The research also suggests that obese people should be encouraged to lose weight by fidgeting more, "This is entirely _____, because the kind of activity we are talking about does not require special or large spaces, unusual training regimens or gear. Unlike running a marathon [this] is within the reach of everyone." Be prepared for the flood of fidget and lose weight books!

sense fad bodily doable lose noticed wiggling tendency

DISCUSSION: Students ask each other the following questions:

- (a) Worried about your weight?
- (b) Have you ever been on a diet?
- (c) Do you fidget?
- (d) Did you fidget as a child?
- (e) Do you know any fidgets?
- (f) What do you think when the person sitting next to you fidgets non-stop on the train?
- (g) Can fidgeting lead to weight loss?
- (h) Will you fidget more from now?
- (i) I fidgeting all day doable for you?
- (j) What is the best way to lose weight?
- (k) What genetic things have you got(ten) from your parents?
- (l) What kind of weight / shape do you think you'll be twenty years from now?
- (m) Will you buy the Fidget Diet book? Have you ever bought a weight loss book
- (n) Is fidgeting bad behaviour?
- (o) Did your mother always tell you not to fidget?
- (p) What do you think of other 'bad' habits, such as hair twirling, knuckle cracking, nail biting, lip licking, thumb sucking, nose picking, scab picking etc. Are these OK for adults to do?

INTERNET / WEB LINKS:

Science Journal

<http://www.sciencemag.org/>

Fidgeting and other bad (?) behaviour

http://www.todaysparent.com/behaviordevelopment/allages/article.jsp?content=20031010_170056_3252

Bad habits and fidgeting at school:

http://pediatrics.about.com/od/weeklyquestion/a/04_fidgeting.htm

Fidgeting is N.E.A.T.

<http://www.i-55.com/dr diet.com/articles/114.htm>

BBC News article on fidgeting fighting the fat:

<http://news.bbc.co.uk/2/hi/health/4211789.stm>

FIDGET POSTER: Create a poster showing all of the fidgeting weight loss techniques.

FIDGET DIET COPY: Write the back cover blurb for the new book “Diet Fidgeting”.

FULL TEXT

The Fidget Diet (Sun 30 Jan)

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